



**LIFT THE LID**  
*on mental illness*

# HAT DAY

10<sup>TH</sup> OCTOBER

## JOIN US THIS OCTOBER

### HOST A HAT DAY PARTY!

**1 in 7 young  
Australians  
suffer a  
mental health  
condition.**



**All proceeds go into mental health research.**



Learn more about Hat Day at  
[www.liftthelidonmentalillness.com.au/hat-day](http://www.liftthelidonmentalillness.com.au/hat-day)  
Follow us on Facebook @LiftTheLidEvent

**Rotary**  
Districts of Australia

